



## CATANESE CLASSIC SEAFOOD WAHOO



Wahoo, a member of the Scombridae family of mackerels and tunas, is closely related to the king mackerel. Hawaiian lore has it that the name wahoo comes from European explorers' misspelling of "Oahu" on early maps, since the fish was abundant around that island. The fish's alternate name, ono, is derived from the Hawaiian word òno, meaning "good to eat." Wahoo are found in tropical and subtropical waters of the Atlantic, Pacific and Indian oceans, but the bulk of the global harvest is from the Caribbean and South Pacific. Most domestic supplies are from Hawaii. About 50 percent of Hawaii's commercial wahoo harvest is taken by trollers. The remainder is caught on longline gear. Some wahoo is also landed in Florida as tuna and swordfish bycatch. Wahoo may grow to more than 100 pounds round weight, but the usual size of fish caught off Hawaii is 8 to 30 pounds.

### PRODUCT PROFILE

Raw wahoo meat is lighter in color than that of its mackerel cousins and has less of the red muscle meat. The pale-pink flesh cooks up white. Wahoo is mild-tasting, with a firm, lean texture and large, circular flake. Grilled wahoo has been compared to chicken or veal in flavor.

### COOKING TIPS

Although a versatile fish, wahoo benefits from cooking methods suitable for species with low fat content so the meat doesn't dry out when cooking. It cooks and tastes like an ultra-light, lean tuna. The firm flesh is good grilled or broiled, especially if marinated first to tenderize it and enhance the mild flavor.

### NUTRITION FACTS

Calories	167
Fat Calories	15 g.
Total Fat	9.4 g.
Saturated Fat	2.4 g.
Cholesterol	64 mg.
Sodium	78 mg.
Protein	19.3 g.
Omega 3	N/A

### PRIMARY PRODUCT FORMS

N/A

### GLOBAL SUPPLY

Australia, Fiji, United States

### COOKING METHODS

- Bake  
  Boil  
  Broil  
  Fry  
  Grill  
 Pate  
  Poach  
  Saute  
  Smoke  
  Steam